

RED CROSS EXPANDS

Growth of Organization a Marvel of the War.

From a Membership of 20,000 It Has Increased to More than 4,000,000 Members.

Chicago.—The growth of the American Red Cross in the last year has been one of the marvels of the war. The public mind has in some measure kept track of the army, the navy, the aviation corps, the marines, and other parts of Uncle Sam's great fighting machine as they expanded. But consider the case of the Red Cross—least known of all three years ago:

When the war began there were 20,000 members of the Red Cross scattered about the country, chiefly in the larger cities. Not one citizen in twenty could have told how it worked or what it did, except that in great disasters it cared for the victims.

Even one year ago, when the war had been going on for more than two years, and it seemed inevitable that we should be dragged in, there were only 183,587 Red Cross members and 250 chapters.

Today there are more than 4,000,000 Red Cross members, and 2,793 chapters, with new chapters being formed and new members enrolled all the time. Four hundred thousand of these 4,000,000 members are paid subscribers of the Red Cross Magazine.

Of course this tremendous expansion, coming in a single year, has utterly overwhelmed the scheme of administration which was adequate for 170,000 members. An entirely new system was imperative, and it is now being installed. Briefly, this is how it works:

The active head of the Red Cross is General Manager Harvey D. Gibson, who has volunteered his time for the duration of the war. The work is apportioned among bureaus—those of development, publicity, women, nursing, civilian relief, military relief, supplies and accounting.

The territory of the United States has been divided into thirteen sections, each headed by a division manager. Each of these managers, like Mr. Gibson, has volunteered his services without pay so long as the war shall last. Each manager is now reorganizing the administration of his division to correspond with that at Washington, with a director at the head of each bureau and any of them also volunteers, work without pay.

ROYAL NURSE ON DUTY



M. Justin Godart, minister of health in the French cabinet, on a tour of inspection of the allied war hospitals conversing with Princess Narishkine and the French commander at Skovir where the hospital founded by the princess is located.

ROUND UP YUKON DOG TEAMS

Horses Also Replace Autos on Trails in Alaska After the Snows Begin.

Dawson, Y. T.—The lower Yukon river mail contractors are getting busy on their big winter system. Numerous dog teams still are used on the thousands of miles of Alaska trails. The most important route perhaps, is that between Fairbanks and Chitina, at the terminal of the Copper River railway.

Corial mail was handled over that route all summer by automobile, and these machines will continue running until the heavy snowfalls in November. Large sleighs drawn by horses then will be engaged.

Percy de Wolfe, the Dawson-Eagle mail carrier, has been busy for some time sending hay, grain and other supplies along the route in preparation for the winter service. He will use a launch as long as the river is clear of ice.

Arrow Cost Father \$2,500.

Virginia, Minn.—Twenty-five hundred dollars was the amount awarded W. F. McDonald of Eveleth for who a few years ago was shot in the eye by a dart from an arrow in the hands of Simon, the four-year-old son of Mr. and Mrs. Solomon Sax of Eveleth. The plaintiff asked \$3,000.

PEOPLE UNDERFED BY THE GERMANS

Weekly Ration Not Sufficient to Maintain Bodily Health and Vigor.

8 OUNCES OF MEAT A WEEK

Food Allowed to Germans and Inhabitants of Territory Occupied by Germans Is Lacking in Energy Producing Elements.

Washington.—Information concerning the weekly ration now being allowed the German people and the civilian population of the occupied portions of northern France and Belgium have been received by the United States food administration. In food value the ration is insufficient properly to maintain bodily health and vigor.

The German ration is as follows, the amount being those allowed per person per week:

Flour, 3.45 pounds; potatoes, 7.05 pounds; cereals (oats, beans and peas), 7 ounces; meat, 8.8 ounces; sugar, 3 ounces; butter and margarine, 2.8 ounces; and other fats, 2.8 ounces.

Stated in terms of American house-keeping, these items amount to sufficient flour to bake 4½ pounds of bread; one-half peck of potatoes; a cupful of beans, peas and oatmeal; one-half pound of meat; 12 dominoes of sugar; 6 individual patties of butter; and an equal amount of other fats.

In Northern France.

For the population of that portion of northern France occupied by the Germans, the allowance is as follows:

Sufficient flour for five pounds of bread; one-fifth peck of potatoes; one cupful oatmeal; 12 1-3 ounces of bacon and lard; and 10 dominoes of sugar.

Here meat, butter and margarine are all replaced by bacon and lard. The allowance of flour and cereals are slightly increased, but the allowance of potatoes is less than half the German ration, while sugar is also reduced even below the meager German allowance.

The ration for the civilian population of the occupied portion of Belgium is similar to that of northern France, except bacon and lard are replaced by meat and butter.

The German ration, compared with the ration used as standard for purposes of comparison by the food administration shows that in body building protein the Germans have 41 of a pound, and the standard ration 1.08 pounds. In fats, the German ration contains 43 of a pound, as compared with standard 7 pounds. In carbohydrates, the German ration contains 4.17 pounds, as compared to 9.9 pounds for the standard ration. In total calories, the German ration aggregates 10,542 as compared to 24,000 in the standard ration.

The standard ration is regarded as sufficient only for a person in a sedentary occupation, or one involving relatively slight physical labor; and yet it provides two and one-half times as much body-building protein, and nearly twice as much fat, and nearly two and one-half times as much carbohydrates as the German ration.

Ration Not Sufficient.

In the ration for northern France, the substitution of bacon and lard makes the weekly allowance of protein equal only three-fourths of the German ration, and only one-third of the standard ration.

In the whole, it may be said that for a person in an occupation requiring only a moderate degree of activity, these rations provide considerably less than the amounts requisite to maintain bodily health and vigor.

The greatest efficiency is in energy-producing foodstuffs, although the lack of body-building proteins is physiologically more important, and liable to have more serious and more permanent results.

MAKES OWN ENAMELED WARE

United States Now Producing Kitchen Utensils Formerly Imported From Germany and Austria.

New York.—The United States for the first time in its history is now producing all of the enameled utensils used in American households and in addition is able to supply large quantities to Europe and South and Central American countries. According to figures recently compiled housewives of the United States are at present buying enamel utensils at about the rate of \$30,000,000 yearly. In former years a considerable portion of these goods was supplied by manufacturers of Sweden, Germany and Austria. Since the beginning of the war there has been a steady decline in these importations, and at the present time they are practically nil. Japan for a time sent in shipments of the ware, but as the quality of the Japanese goods was unsatisfactory, the supply from that source has largely ended.

Seventh Wife Dies.

Wilkes-Barre, Pa.—For the seventh time in 35 years John Brown of Prospect street, Nanticoke Borough, is called upon to mourn the death of a wife. One year ago he was married to Mrs. Mary Chesednick, who succumbed to an attack of apoplexy while attending to household duties.

FREE FROM PAIN

And No Longer Nervous, Since Taking Cardui, Says Georgia Lady.

Trenton, Ga.—Mrs. Ellie Gifford, of this place, writes: "I have always suffered... But was worse after marriage. I would have... pains and misery in my stomach and hips. I would have a bad sick headache every time, which would generally last two days. I had always heard what a good medicine Cardui was, so I thought I would try it. I used two bottles and it helped me.

Fifteen months later I began to be nervous and was worse at my... But at these times I did not have any pain and do not now suffer any pain. But I was very nervous, so nervous that my hands would shake. Any noise would make me jump. So I took two more bottles of Cardui. I have never been nervous since... and do not have any pain. I think this is all due to Cardui and Black-Draught."

Cardui, the woman's tonic, is composed only of pure, vegetable ingredients, which have been recognized for many years by standard medical books as of medicinal value in the treatment of many diseases peculiar to women. Try Cardui.

MONEY IN EGGS.

Eggs are not barterable but the money from their sale is. This money is yours for the effort—how do you treat the hen that lays the Golden Egg? R. A. Thomas' Poultry Remedy will keep the poultry in good condition and increase the yield in eggs. We guarantee this and refund your money if not satisfied.—For Sale By All Good Dealers.

Gov. Beekman, of Rhode Island, arrived in London on his way to France where he will deliver a personal message from President Wilson to the American troops.

"I Should Worry Now About Corns!"

They Peel Off With "Gets-It."

Two corns are no worse than one, and one is nothing at all—when you use "Gets-It," the one real corn-shrinker, corn-loosener, corn-remover, corn-remover. That's been



cause two drops of "Gets-It" eases your corn-pains at once, and you know that that old corn has been "nipped" in the bud. "Gets-It" makes cutting and digging at a corn and fussing with bandages, salves or anything else entirely unnecessary. Remember "Gets-It" is safe.

You'll not have to take off your shoe or pumps under the table at the cafe to ease your squirming soul. See that you get "Gets-It." Don't be misled by imitations. 25c is all you need pay at any drug store for "Gets-It" or it will be sent direct by E. Lawrence & Co., Chicago, Ill.

WILBUR.

There will be a pie social at this place Saturday night. Everybody come. Mr. and Mrs. Arthur Berry of Cordeil, spent Saturday night and Sunday with Mr. and Mrs. Bert Johnson.

Teen Lester and family moved to West Jefferson, Ohio, last week.

Joe Berry and daughter, Lena, who have been visiting relatives at this place the past week, returned to their home in Kingston, Ohio, Saturday.

D. Garlin of Columbus, O., was calling on Claud Estep Wednesday afternoon.

Misses Carrie and Sarah Travis were out horseback riding Sunday afternoon.

John Nickell of Charley, passed down our creek recently.

Joan Cottle of Cordeil was calling on Miss Lora Travis Sunday afternoon.

BROWN EYES.

Shorthorn Cattle for Sale

We have a lot of bulls of the best of breeding suitable for heading herds. Also a number of farmers bulls priced from \$100.00 up. A few choice cows and heifers.

Herds headed by Banff Goods 387535, a red bred by M. E. Jones, Williamsville, Ill. Champions for ten generations. Lord Ripley 393568 by the \$1000.00 Lord Albin out of Imp. Rosie 103 and Cloverleaf Favorite 497574, a double grandson of the famous Maxwellton Sultan.

Visit the herds and see for yourself before buying. HOLTON CATTLE CO., Trinity, Ky.

FARM FOR SALE.

Can suit any man in the market for a farm, ranging from 40 acres up to 475 acres in one farm, and in price from \$1500 up to \$25,000. Farms of all descriptions, and if in the market, come at once and see if I cannot fill the bill for you. If I fail to suit you I offer a nice present that you will appreciate. All farms on the hard road that leads to the Ironton market, good schools, and churches of all denominations. I will pay you to see me before buying, if in the market. SCOTT W. WILSON, cor. 5th and Park-av., Ironton, Ohio, across from the court house.

A CHILD HATES OIL, CALOMEL, PILLS FOR LIVER AND BOWELS

GIVE "CALIFORNIA SYRUP OF FIGS" IF CROSS, SICK, FEVERISH, CONSTIPATED.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach; and that a teaspoonful given today saves a sick child tomorrow.

Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Beware of counterfeits sold here. See that it is made by "California Fig Syrup Company." Refuse any other kind with contempt!

A Soldier's Strength

Every enlisted man would stand up stronger during the first year's service if he could have the benefits of

SCOTT'S EMULSION

because it fortifies the lungs and throat, creates strength to avoid grippe and pneumonia and makes rich blood to avert rheumatic tendencies.

Send a bottle of SCOTT'S to a relative or friend in the service.

The Norwegian cod liver oil in Scott's Emulsion is now refined in our own American laboratories which makes it pure and palatable. Scott & Bowne, Bloomfield, N.J. 17-14

Ford THE UNIVERSAL CAR

Have been built and actually delivered to retail buyers since August 1, 1916. These figures—320,817—represent the actual number of cars manufactured by us since August 1st, 1916, and delivered by our agents to retail buyers. This unusual fall and winter demand for FORD cars makes it necessary for us to confine the distribution of cars only to those agents who have orders for immediate delivery to retail customers, rather than to permit any agent to stock cars in anticipation of later spring sales.

We are issuing this notice to intending buyers that they may protect themselves against delay or disappointment in securing FORD cars. If, therefore, you are planning to purchase a FORD car, we advise you to place your order and take delivery now.

IMMEDIATE ORDERS WILL HAVE PROMPT ATTENTION.

Delay in buying at this time may cause you to wait several months. Enter your order to-day for immediate delivery with our authorized FORD agent listed below and don't be disappointed later on.

PRICES:

Runabout \$345, Touring Car, 360, Coupelet \$505 Town Car \$595, Sedan \$545, f. o. b. Detroit.

Augustus Snyder, LOUISA, Ky.

Agent for all of Lawrence county except a small portion on north side, and also agent for Fort Gay district, Wayne county, West Va.

ORR.

School is progressing nicely at this place.

Will Blanton was recently in our vicinity buying horses, mules and cattle.

Mrs. M. V. Hensley and son are visiting relatives at Ashland.

The Rev. Cecil Daniels, minister of our vicinity lately was married to Miss Mandy Segars of Dobbins, Ky.

Merton Conway was calling on Miss Clara Stafford Sunday.

Jay Hensley was calling on Miss Mary Pennington.

Friends and relatives who are corresponding with our neighbor boys at Ft. Thomas say that they are well satisfied and having a good time.

The farmers of our creek have begun to husk their corn so as to prevent waste from insects.

Wm. Yates lately purchased T. W. Hensley's farm. Where the latter will locate is not known.

Lafayette Conway, who has been working at Ashland for some time, visited home folks this week.

T. T. Blevins has returned from a business trip to Louisa.

W. J. Wright and family will move from Orr to Wheelwright, Ky., immediately.

There will be church at Providence Saturday night and the Sunday following by an able minister from Hitehens, Ky. Everybody should attend and heed the word of God.

TWO SCHOOLMATES.

"POOR JOHN" TAYLOR.

Louisa, Ky.—John Taylor, familiarly known as "Poor John," died at a hospital in this city following a long illness of general debility.

Taylor was the wealthiest man in this section of Kentucky; the value of his estate being estimated at something like a million dollars. Much of his property consisted of land in Texas which he bought many years ago. His wife died a number of years ago and no children were ever born to them. His nearest kin are fourteen nephews and nieces.

Some time ago Mr. Taylor sent checks for \$10.00 to each of his nephews and nieces as Christmas gifts. He said nothing to them about his intention, and the gifts came as a surprise.

Inter-Southern Life Insurance Company.

Louisville, Ky.

CLEAN STRONG PROGRESSIVE

Your Home Co.

"HONESTLY" It's the Best "POLICY"

Emory E. Wheeler, Local Agent OSIE, KENTUCKY

Home Office Building Reeves & James, General Agents Louisville, Ky. Grayson, Ky.

